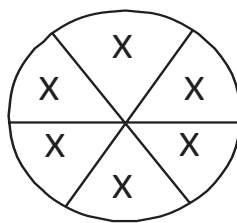


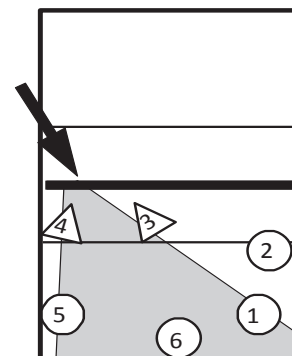
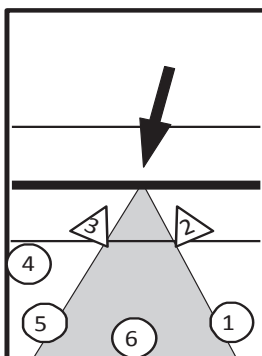
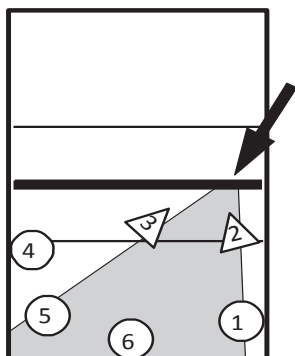
ZERO BLOCKER DEFENSIVE SYSTEMS

0 — 2 — 4 System

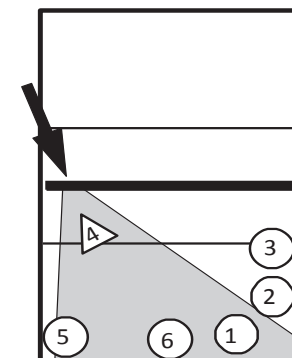
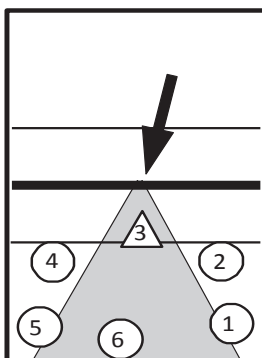
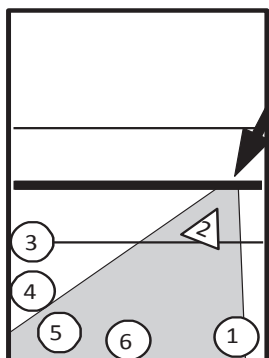
- = Blocker
- △ = Tip Cover
- = Digger



= No one who can block
OR
= Choice is to have no one block



0 — 1 — 5 System



ADVANTAGES OF THE ZERO BLOCKER/PLAYER UP DEFENSES:

- ✓ The primary advantage is that no one on the team can truly block, yet there is a system in place for defense and transition to offense.
- ✓ One or two players are up behind the block (typically one is a setter) for tips or “garbage” shots falling into the middle of the court.
- ✓ There are more diggers to fill up the court and the block will not have a chance to be “used” by the hitter.
- ✓ It is also a good down ball defensive position.
- ✓ Since the player playing up behind the block is often the setter in a back row offensive system, it allows the setter to be closer to the setter’s target at the net to run the transition offense.
- ✓ The weakest back row defender can often be “hidden” in a player-up spot behind the block.
- ✓ It’s simple to learn.

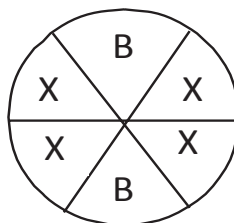
DISADVANTAGES:

- ✗ The disadvantage is that if an opponent can hit, the first line of defense at the net is not there. As a result, the diggers must possess good reading and anticipation skills.

ONE BLOCKER DEFENSIVE SYSTEMS

1 — 2 — 3 System

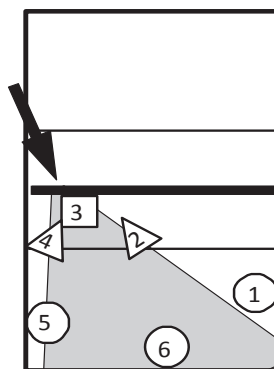
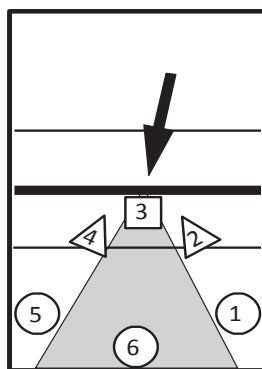
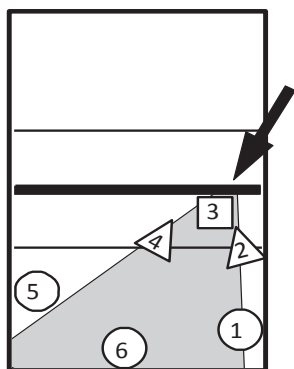
- = Blocker
- △ = Tip Cover
- = Digger



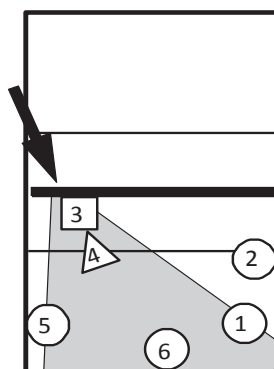
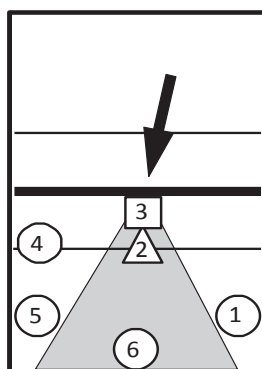
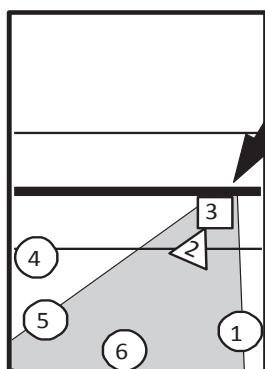
= Only one player who can block or whom you CHOOSE to have block all zones across the net

OR

= Single blockers who will only block in their zone of the net



1 — 1 — 4 System



ADVANTAGES OF THE ONE BLOCKER/PLAYER UP DEFENSES:

- ☑ The primary advantage is that since not all players can block effectively, only those that can are assigned to.
- ☑ One or two players are up behind the block (typically one is a setter) for tips or “garbage” shots falling into the middle of the court.
- ☑ There are more diggers to fill up the court.
- ☑ Since the player playing up behind the block is often the setter in a back row offensive system, it allows the setter to be closer to the setter’s target at the net to run the transition offense.
- ☑ The weakest back row defender can often be “hidden” in a player-up spot. It’s simple to learn—the one blocker knows all attacks in all zones are his/hers OR the single blocker in that zone knows he/she is responsible for attacks only into that zone.

DISADVANTAGES:

- ☒ The disadvantage is that one blocker must block all zones across the net for all attacks, which may lead to fatigue.

TWO BLOCKER DEFENSIVE SYSTEMS

TWO BLOCKER Systems include the 2 - 1 - 3 and the 2 - 0 - 4.

These systems assume that you have 3 players or more on your team who are capable of blocking and at least 2 of them are in the front row together with the goal of putting up a double block on each attacker. This might mean that all 3 front row players share double blocking duties in their zones or if only 2 blockers are in the front row, they travel across the net into any zone as a tandem. Any combination of the one and two blocker systems may be used for different rotations.



= Both block all zones of the net together when in the front row, single block all zones when by self, and play a no-block defense when both blockers are in the back row at the same time.



= Each blocker blocks all zones of the net, double blocking when the second blocker is in front row and single blocking all zones when by self.



= Two Blockers will block all zones across the net in tandem in all rotations.



= Each blocker blocks zones in their area of the net when 3 blockers are in the front row, forming a double block against all attacks. When only two blockers are up, they block all zones across the net in tandem.



= Each blocker blocks zones in their area of the net when in the front row, forming a double block against all attacks.

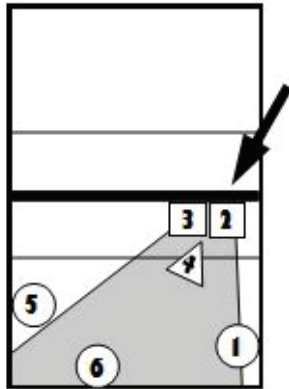
Get the "offensive rebound!"

2 - 1 - 3 System

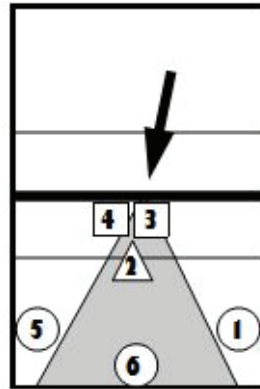
□ = Blocker

△ = Tip Cover

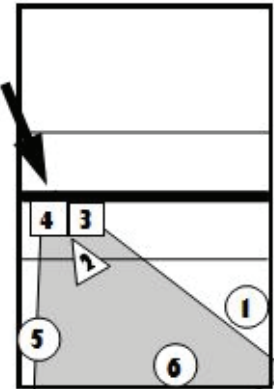
○ = Digger



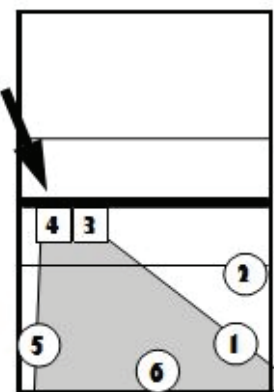
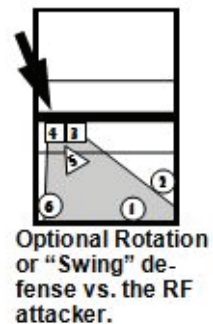
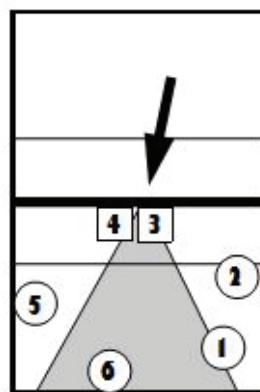
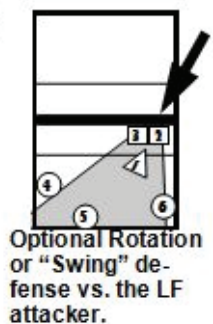
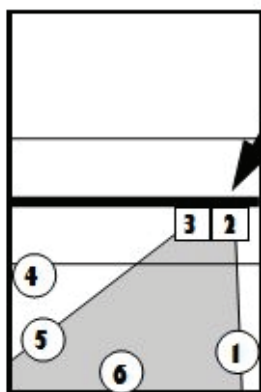
Player up behind the block could also be 1 or 6.



Player up behind the block could also be 5 or 6.



2 - 0 - 4 System

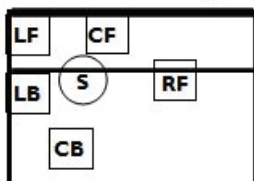
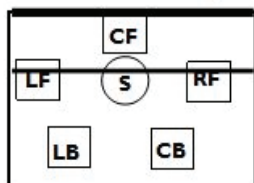


ADVANTAGES OF THE 2 BLOCKER DEFENSES:

- ✓ The primary advantage of the 2 Blocker systems is that there is a greater chance of stopping the attack at the net.
- ✓ Perimeter defenses ensure that the lines and corners are well covered against hard/deep hits. Since the CB player stays deep on the endline corridor, he/she can line up in the seam of the block, reading and facing the hitter's angle. Thus, the CB in this defense must be your quickest, most agile, best reading player.
- ✓ If using a back row setter offensive system, the setter can be switched always to play the RB defensive spot, to be closer to the setter's target for transition offense. Most young players do not hit line shots from Left Front well or often, which may save the setter in RB from having to play many first balls.
- ✓ In 2 Blocker Player Up defenses ("Red," "Blue" or "Rotation") the middle of the court is covered, but you usually "give up" the sharper cross court angle shots.
- ✓ If the "Off Blocker" is assigned tip coverage, this can put them into good position to run a "Swing Offense" out of the middle of the court.

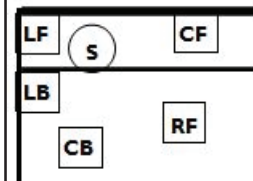
DISADVANTAGES:

- ✗ The main disadvantage is that the middle of the court is open for short/soft shots in most Perimeter defenses, and no one is assigned automatic tip responsibilities.
- ✗ When using a "Rotation" defense vs. the Right Side attacker, the RB, who is often the Setter in a back row offense, will have to rotate deep to the CB position or deep cross court corner, often having to take the first contact and, if not digging the first ball, creating a much more difficult transition to the net to set.

3-2 Hitter Coverage

1-4 Hitter Coverage


HITTER COVERAGE SYSTEMS

There are three basic Hitter Coverage Systems you can adapt for your team, rotation by rotation if necessary. The 3-2 Cup is the most common, with the 2-3 Cup close behind. You can even have a 1-4 Cup to cover your middle hitters. In the 3-2 Coverage, the 3 closest players to the hitter form the Inner Cup, while the 2 players furthest from the Hitter form the second or Outer Cup. In the 2-3 Coverage, the two closest players form the first Cup. It is common for the setter always to be one of the players covering in the inner cup formation—since he/she should know before anyone else where the ball is going, the setter should always be the first player in Coverage formation. In the 1-4 Coverage, the closest player to the MH will cover behind the hitter—usually this is the Setter.

2-3 Hitter Coverage


OR

